

ABSTRACT

Provided are exemplary embodiments of a multi-purpose exercise system, including an inclined frame, an adjustable handlebar pivotally coupled to the inclined frame, a seat slidably coupled to the inclined frame, a first resilient member configured to couple to the handlebar and to the inclined frame, and a second resilient member configured to couple to the seat and to the inclined frame, where the angle of the adjustable handlebar with respect to the inclined frame is selectively adjustable, and where the exercise device allows exercise of the upper body or the lower body independently.